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MEMBER CDS

Elation Galaxy / Mind and Emotions

Elation Galaxy

This member CD, *Elation Galaxy*, is one in a series of “Elation” exercises created by Bob Monroe for early *GATEWAY VOYAGE*® programs. Following the preparatory process (including Resonant Tuning), the listener moves to Focus 10, 12, and 15, and then is guided through a progression of greater and greater expansion of “mind consciousness.”

NETWORK OF LIGHT SERIES: Mind and Emotions

Dr. C. Norman Shealy, pioneer in the field of alternative medicine and founder of the American Holistic Medical Association, has helped medical practitioners to understand more fully the power of the mind-body connection and its relationship to maintaining wellness or restoring wellness.

In a collaborative effort with Monroe Products, Dr. Shealy has voiced this four-exercise series using a progressive relaxation technique along with Hemi-Sync® to gently guide you into a deep, receptive state of relaxation. You will use this state as a “switch” to turn on your inner network of light.

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